

HOLLAND SUNRISE TIMES

CONCIL ON AGING NEWSLETTER

VOL., 24, NO. 5, MAY 2024



The MISSION of the Holland Council on Aging is to promote the overall well-being of aging adults. We encourage them to share their wisdom & talents, participate in the community, and choose how they live as they age.



BEMIS FARMS - Culinary Herb Pot

Sign up for a tasty project. This herb pot can sit on your porch which allows you to add a little creative flair to your meals anytime.

Monday, May 13th at 3 pm.

\$25 per person. RSVP Required.
Only \$15 if you are over 60 and a Holland Resident.
Limited space.



Our Ask a Nurse Series Continues:

Grandparents and Caregivers
Come learn about infant Tylenol and Motrin as well as the proper way to use an inhaler

May 15th at 12:30 pm

HOLLAND TOWN MEETING AND ELECTION INFORMATION

Town Meeting June 4th at Holland Elementary School @ 7 PM

Town Election June 11th at Holland Community Center @ 10 am – 8 pm

NOTES FROM BRENDA

As I write this, the petals from our cherry trees are starting to fall like a beautiful shower and twirling around in the wind. The tulips and daffodils are in bloom. I am very grateful Spring is here. Boy, this month flew by. Hopefully you were able to join us for any one of the amazing things that happened here in April.

See you soon, ~ Brenda

JOKES FOR EVERYONE!

What did the flower say after he told a joke? *"I was just pollen your leg!"*

How does a flower whistle? *By using its tulips.*

What happens when you cross a dog with a flower? *You get a collie-flower*

What do you call a clumsy flower? *A Whoopsi-Daisy*

What does a flower call its granddad? *Poppy*

DO YOU NEED OUTREACH ASSISTANCE?

**FUEL ASSISTANCE FORMS ARE IN, CALL THE CENTER TO MAKE AN APPOINTMENT,
OR STOP IN TO GET AN APPLICATION.**

In May the Brown Bag Program is delivering on Friday, May 10th.

- Did you know, Holland organizes the **Brown Bag Program** for this area? Our volunteers are delivering to people 55 and older, in Holland, Brimfield, and Wales. Thank you so much, to all of our Volunteers! Call or stop by the Center to see if you are eligible.
- Can you help the **Wales Community Pantry**? The Pantry is in need of things to help families. They are requesting cereal, peanut butter, jelly, spam, baked beans, pasta, and snacks. They also need volunteers at the Food Pantry to help with distribution.
- Do you have questions about your Medicare? Contact the Center to get an appointment with Allan Percy for all of your SHINE needs.

HOLLAND CAFÉ - EAT IN, DELIVERY AND CURBSIDE MENU – Please have exact change if possible.

Monday and Wednesday EAT IN or Take-out and Delivery orders are available. *FOOD ALLERGY NOTICE: Please be advised that all food prepared here may contain Milk, Eggs, Wheat, Soybean, Peanuts, Tree Nuts, and Shellfish*

Wed. May 1st – Spinach & Cheese Lasagna, salad and pudding parfait for dessert

Mon. May 6th – Chicken & veggie kabobs w/ Basmati Rice & Sherbet w/ fruit for dessert

Wed. May 8th – Breaded Pork Patties & Gravy, over egg noodles, w/ Brownies for dessert

Mon. May 13th – Grilled Cheese Sandwich w/ Burger & Veggie Soup. Sundaes for dessert

Wed. May 15th – Glazed Meatloaf with Loaded Baked Potatoes, and Birthday Cupcakes for dessert

Mon. May 20th – Egg Salad on a bulkie roll, w/ Zesty Pasta Salad & Cool whip Cookies for dessert

Wed. May 22nd – Baked Stuffed w/ Mixed Greens & Tangy Vinaigrette. Ice Cream for dessert

Mon. May 27th - **CLOSED FOR MEMORIAL DAY**

Wed. May 29th - Fried Pork Sandwich (Lettuce & Tomato) w/ Pickled Veggies & Pumpkin Chocolate Chip Cookie

***RSVP Required.
Menu Subject
to Change.***

***Additional Info
on the back of
the newsletter.***

EVENTS at the CENTER!

Including events on the front page

COFFEE & CONVERSATION – VETERANS AGENT HOURS – Wednesday, May 1st, 12 pm – 2 pm

The first Wednesday of every month, veterans and surviving spouses can come to the Center to meet with Art “Dusty” Evan.

FRIENDS OF HCC – Wednesday, May 8th at 11 am – Would you like to volunteer and meet new people. Stop by our Friends meeting and learn about all the things the friends do.

BOOK CLUB – Monday, May 13th at 1 pm - Everyone is welcome! In person, at the Center this month they will discuss the book *The Gunkle* by Steven Rowley.

MANICURES BY SARAH – Tuesday, May 14th from 10 am - 2 pm - She is offering 15-minute nail trimming (finger or toe) appointments (trimming shaping and buffing) for \$22 per person. Sarah can also offer mini manicures with nail trimming, shaping and regular polish for \$28 per person (20-minute appointment). Please contact us at 413-245-3163 to make an appointment or email at activities@hollandma.org . **The COA has agreed to pay \$10 of the cost for Seniors living in Holland. RSVP REQUIRED AND SPOTS FILL QUICK.**

COA MEETING – Tuesday, May 14th at 10:15 am – If you are interested in what happens for Seniors in Holland, join them, they are looking for a new member. Go online using the Go To Meeting system or call. **United States: +1 (571) 317-3122 Access Code: 638-068-445**
Password: 3163

MOVIE – BOB MARLEY: ONE LOVE – May 20th at 1 pm - Jamaican singer-songwriter Bob Marley overcomes adversity to become the most famous reggae musician in the world.

BIRTHDAY LUNCHEAS ARE BACK FOR SENIORS! - If you are a Holland Senior, and have a birthday in March, get a free birthday lunch served on May 15th. RSVP required, no walk ins for this event. *You must rsvp by Thursday, May 9th.* Birthday lunches are provided by the Friends of the Holland Community Center.

THE HOLLAND HELPERS ARE LOOKING FOR A NEW DISPATCHER

If you would like to be a remote volunteer and you have minimal computer skill level, we are looking for someone new to organize the drivers monthly.

The Holland Helpers are also looking for more volunteer drivers to cover some Monday & Wednesday lunches, as well as helping with the Brown Bag Food Program

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*Additional Info
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the newsletter.*



Day, Evening and Weekend Programs, plus Town Events!

May 2024

Holland Happenings

40 Brimfield Rd, Holland, MA 01521, 413-245-3163 OR TEXT 855-865-8366

We are on Facebook, Twitter, Instagram, and Pinterest. Email us at Activities@HollandMA.org if you would like to get our newsletter emailed to you.

RENT THE CENTER FOR YOUR NEXT FAMILY EVENT!

WEEKLY

Fusion Fitness, Mon 5:30 pm
Texas Hold em, Tue 5:30 pm
Yoga, Wed 5:45
Pitch, Thurs 5:30 pm
Bingo, Thurs 6pm - 8pm
Community Computers Available



BINGO EVERY THURSDAY FROM 6 – 8 PM

AT THE CENTER!



TADPOLE EVENT – KIDS STORYTIME & ACTIVITIES – Monday, May 6th at 10:30 am – Our group has gotten so popular, we are moving it to the BIG room and changing the time to 10:30. Stories, sensory activities, and snacks. This month the theme is FLOWERS. Plus, we will also start talking about feelings. Parents, Grandparents, and other Caregivers are asked to stay. Storytime is geared towards children aged infant to kindergarten, though all ages are welcome. Kids can sit on our “lily pads” and quietly work on activities. **FREE**

“FUSION FITNESS” – Mondays, 5:30 to 6:30 pm – “Fusion” is a low impact exercise class for all ages. It builds strength, stamina, improves balance and strengthens your core. Included will be elements of Barre, Light Weights (1 to 3 lbs.) or Theraband. Please bring your own supplies if you have them. Also included, elements of dance, which improves memory, bone health, balance, and lots of fun! Please wear comfortable clothes. **The first class is FREE for new participants. \$5 per class and \$3 for all Seniors (age 60+).**

TEXAS HOLD EM – Tuesdays at 5:30 pm – If you like to get rowdy, you’ll have fun at the Center. This group is a wild much, and they are always looking for others to play with them.

“YOGA” – Wednesdays at 5:45 pm - with instructor, Lisa Zissa. The ancient art of yoga was designed to harmonize the mind and body through various breathing techniques, postures, and meditation. In this course we will discuss and practice breath awareness, meditation, and a flow of poses appropriate for all levels. Please bring an open mind and a smile 😊 **The first class is FREE for new participants. \$5 per class and \$3 for all Seniors (age 60+).**

BINGO – EVERY Thursday! 6 - 8 pm – It costs \$1 per sheet, and they play approximately 8-10 games by the time they get to the coverall. Come see how lucky you are Center.



TADPOLE EVENT – Anytime Crafts & Games - Stop in during the week to create something fun or play a game. We have tons of board games and crafting supplies.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
			10am - Mix It Up 11:45am - Take Out Lunch 12pm - Lunch 12pm - Veterans Agent Coffee 1pm - Dominoes 1pm - Mah Jongg 5:45pm - Yoga	10am - Stained Glass 10am - Tai Chi 12:15pm - Cribbage 5:30pm - Pitch 6pm - Bingo		
5	6	7	8	9	10	11
10:15am - Mah Jongg 10:30am - STORYTIME 11:45am - Take Out Lunch 12pm - Lunch 1pm - Dominoes 5:30pm - Fusion Fitness	10:30am - Crafter's Social 5:30pm - Texas Hold'em	10am - Mix It Up 11am - FoHCC 11:45am - Take Out Lunch 12pm - Lunch 1pm - Dominoes 1pm - Mah Jongg 5:45pm - Yoga	10am - Stained Glass 10am - Tai Chi 12:15pm - Cribbage 5:30pm - Pitch 6pm - Bingo	Brown Bag		
12	13	14	15	16	17	18
10:15am - Mah Jongg 11:45am - Take Out Lunch 12pm - Lunch 1pm - Book Club 1pm - Dominoes 3pm - Bemis Farms - Herb Pot 5:30pm - Fusion Fitness	10am - Nail Trimming 10:15am - COA Meeting 10:30am - Crafter's Social 5:30pm - Texas Hold'em	10am - Mix It Up 11:45am - Take Out Lunch 12pm - Lunch 12:30pm - Ask A Nurse - Infant 1pm - Dominoes 1pm - Mah Jongg 5:45pm - Yoga	10am - Stained Glass 10am - Tai Chi 12:15pm - Cribbage 5:30pm - Pitch 6pm - Bingo		HRA Members Meeting	
19	20	21	22	23	24	25
Movie - BOB MARLEY 10:15am - Mah Jongg 11:45am - Take Out Lunch 12pm - Lunch 1pm - Dominoes 5:30pm - Fusion Fitness	10:30am - Crafter's Social 1pm - Volunteer Appreciation 5pm - Selectboard (TH) 5:30pm - Texas Hold'em	10am - Mix It Up 11:45am - Take Out Lunch 12pm - Lunch 1pm - Dominoes 1pm - Mah Jongg 5:45pm - Yoga	10am - Stained Glass 10am - Tai Chi 12:15pm - Cribbage 5:30pm - Pitch 6pm - Bingo			
26	27	28	29	30	31	1
CLOSED	10:30am - Crafter's Social 5:30pm - Texas Hold'em	10am - Mix It Up 11:45am - Take Out Lunch 12pm - Lunch 1pm - Dominoes 1pm - Mah Jongg 5:45pm - Yoga	10am - Stained Glass 10am - Tai Chi 12:15pm - Cribbage 5:30pm - Pitch 6pm - Bingo			



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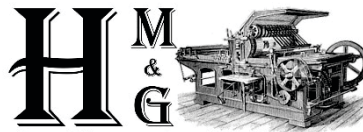


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THE FRIENDS OF THE HOLLAND COMMUNITY CENTER INFORMATION

"Sauvignon Blanc Basket!" – Monthly Basket

Generously donated by Debbie Sichel, "Enjoy a chilled glass of Sauvignon Blanc while watching the sunset." This beautiful basket has a bottle of Sauvignon Blanc Wine, 4 Outdoor Wine Glasses, a Wine Stopper, Cocktail Napkins, Wine Glass Tags and Wines of the World Information Cards.

Tickets are \$1 each or 6 for \$5.

The winning ticket will be pulled at the end of the month. Stop by the office for info. Donations to the Friends are always appreciated. Checks can be made out to *Friends of Holland Community Center*.

The winner for March was Cheryl Murray, Congratulations!!

SPECIAL EVENTS

05/01	Meet the Veterans Agent	12:00
05/06	Kids Storytime - Flowers	10:30 am
05/08	FoHCC Meeting	11 am
05/10	Brown Bag	11 am
05/13	Book Club - <i>The Gunkle</i>	1 pm
05/13	Bemis Farms – Culinary Herb Pot	3 pm
05/14	Nails	10 – 2 pm
05/14	COA Meeting	10:15 am
05/15	Birthday Lunch	12 pm
05/15	Ask A Nurse: Infant Meds.	12:30 pm
05/18	FoHRA Meeting	
05/20	MOVIE – BOB MARLEY: ONE LOVE	1 PM
5/21	Volunteer Appreciation Luncheon	1 pm
5/27	CLOSED	

WEEKLY EVENTS**Every Monday**

Mah Jongg Beginners	10:15 am
Take out Lunch	11:45 am
Lunch	12 pm
Dominoes	1 pm
Fusion Fitness	5:30 pm

Every Tuesday

Crafters & Quilting	10:30 am
Texas Hold 'em	5:30 pm

Every Wednesday

Mix it Up	10 am
Take out Lunch	11:45 am
Lunch	12 pm
Dominoes	1 pm
Mah Jongg	1 pm
Yoga	5:45 pm

Every Thursday

Stained Glass	10 am
Tai Chi (free, self-guided)	10 am
Cribbage	12:15 pm
Pitch	5:30 pm
Bingo	6 pm

MOVIE***BOB MARLEY: ONE LOVE @ 1 PM****FREE Movie with Popcorn Included!*

Everyone is invited. RSVPs Appreciated.

FREE LUNCH DELIVERY AVAILABLE IN HOLLANDFOR SENIORS, THE TOWN HALL, & HES STAFF thanks to the Holland Helpers! RSVP Required for any meal.

You must RSVP for Monday meals by the previous Thursday and RSVP for Wednesday meals by the previous Monday.

EAT AT THE CENTER FOR \$5 or Takeout \$ 7.00

*(Takeout is still \$5 for Holland Seniors, thanks to help from Holland COA.)***All lunches come with a dessert!****HOLLAND COMMUNITY CENTER**

located at 40 Brimfield Rd., Holland, MA

Telephone: 413-245-3163**Director: Brenda Palmer** CommunityCenter@HollandMA.Org**Activities Coordinator: Susan Staples-Holt** Activities@HollandMA.Org**General Helper: Sanna Hart** HCCevenings@HollandMA.org**Kitchen Manager: Monica Talbot** CommunityKitchen@HollandMA.Org**HOLLAND COUNCIL ON AGING**

Chairperson – Linda Racine

Vice Chairperson – John Senseman

Secretary – Susanne Hilbert

Treasurer – Robin Wilson

Members at Large: Robin Young-Cournoyer,
Loretta Mosher, Celeste Brackett**The COA meets monthly,****The 2nd Tuesday at 10:15 AM**